

2003 California Children's Healthy Eating and Exercise Practices Survey

Table 4: Servings of Fruits, Juices, Vegetables and Salads Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

| | Reported Mean Servings | | |
|------------------------------|------------------------|----------------------|--------------------|
| | Fruits | Juices | Vegetables |
| Total | 1.2 | 0.6 | 1.1 |
| Gender | | | |
| Males | 1.3 | 0.6 | 1.1 |
| Females | 1.2 | 0.7 | 1.1 |
| Ethnicity | | | |
| White | 1.1 ^a ** | 0.4 ^a *** | 1.0 ^a * |
| African American | 1.5 ^{ab} | 1.0 ^c | 1.1 ^a |
| Latino | 1.1 ^a | 0.7 ^{bc} | 1.2 ^a |
| Asian/Other | 1.6 ^b | 0.6 ^{ab} | 1.0 ^a |
| Income | | | |
| ≤\$19,999 | 1.5 | 1.1 ^c *** | 1.1 |
| \$20,000 - \$49,999 | 1.2 | 0.7 ^b | 1.2 |
| ≥\$50,000 | 1.1 | 0.5 ^a | 1.0 |
| Federal Poverty Level | | | |
| ≤ 185% | 1.3 | 0.8 *** | 1.2 |
| > 185% | 1.2 | 0.5 | 1.0 |
| Food Stamps | | | |
| Yes | 1.2 | 1.4 *** | 1.4 * |
| No | 1.2 | 0.6 | 1.1 |
| Overweight Status | | | |
| Not at Risk | 1.1 ** | 0.6 | 1.0 ** |
| At Risk/Overweight | 1.4 | 0.6 | 1.2 |
| Physical Activity | | | |
| ≥60 minutes | 1.3 | 0.7 | 1.1 |
| <60 minutes | 1.2 | 0.6 | 1.1 |
| School Breakfast | | | |
| Yes | 1.5 * | 1.0 *** | 1.2 |
| No | 1.2 | 0.5 | 1.1 |
| School Lunch | | | |
| Yes | 1.3 | 0.7 | 1.1 |
| No | 1.1 | 0.5 | 1.0 |
| Nutrition Lesson | | | |
| Yes | 1.2 | 0.6 | 1.1 |
| No | 1.2 | 0.7 | 1.0 |
| Exercise Lesson | | | |
| Yes | 1.2 | 0.6 | 1.1 |
| No | 1.2 | 0.7 | 1.0 |

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001